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Behind the mask



JENNIFER FRIESEN/METRO

Front-line police feeling understaffed

LAW ENFORCEMENT

Association asking CPS to re-evaluate deployment tactics



**Lucie
Edwardson**
Metro | Calgary

Members of the Calgary Police Service (CPS) who attend to street-level policing say they believe they're understaffed.

The Calgary Police Association (CPA) has raised concerns to the Calgary Police Commission (CPC), asking for a re-evaluation of current CPS deployment methods within the bureau of community policing, in comparison to other non-operational policing areas in the CPS.

In a resolution presented to the commission, the CPA said that if frontline policing is truly the backbone of CPS, then they feel it should be valued and staffed

appropriately.

"Members are concerned about the lack of police resources assigned to frontline uniform patrol," wrote CPA president Howard Burns.

Burns said they see significant shortages frequently across the city.

"This is not limited to just one or two districts but has been observed within all districts of the service," he said.

CPC acting chairwoman Lisa Silver said they are aware of the concerns and have been receiving ongoing updates from the chief about staffing and resource allocation.

"The commission also had the opportunity to hear directly from members about their concerns and priorities during engagement sessions that were held during the hiring process for a new chief," said Silver in a statement.

She said the CPC anticipates providing a response to the association at their meeting Nov. 24.

See page 4 for more coverage

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Calgarian can't resist the call of kabaddi

RECOVERY

After accident, local retrains for sport 'like UFC'



After spending four months confined to a bed — after a serious car accident — Calgarian Babbu Padda is getting his body back in shape to professionally pursue his favourite sport: kabaddi.

"My family's telling me not to play anymore — like, you have to support your family, what if you get injured? But I can't live without kabaddi," Padda said. "When I see guys playing in the field, I want to play right away. But you have to get your body ready for that kind of thing. It looks easy, but it's a really, really tough game. I have injuries all over my body, from my toes to my head."

The injuries Padda suffered from the sport, however, pale in comparison to the car accident that confined him to a bed for

four months in 2013. The accident forced him to take a long break from the intensive sport. He'd been playing since childhood, through university and even for professional clubs when he immigrated to Calgary in 2007.

Now that his body has healed, Padda is determined to get back into shape and join a kabaddi club. But competition is fierce.

Manny Khangura, technical producer with LiveKabaddi.com, said the top Indian players often come to Canada to compete. The Indian season for the sport is during the winter, while the Canadian season is during the summer, ensuring little downtime for the players.

"Because these clubs from Canada hand-pick players from India, these are the top players competing here," said

Khangura. Kabaddi athletes have to be at peak performance because the sport is so physically demanding. "I describe it like UFC, but with a new fight every 30 seconds."

Padda has seen career-ending injuries before.

"There's no safety in my game. The last Edmonton game,



Babbu Padda is retraining his body for the brutal sport of kabaddi after being confined to a bed for four months in 2013, following a car accident. AARON CHATHA / METRO

this player, his ankle went all the way back. This guy, he was really good, he was the future of Kabaddi," he said.

Still, Padda is hoping to head to the U.S. to play a few matches this winter. Since Canadian clubs don't hold tryouts and pick based on reputation, he's hoping to make a name for himself and prove he's one of the best.

"It's in my blood man, it's in my blood. I want to show my family that I can get back into the game. I can make money and I can get fame."

+
EXPLAINER

What is kabaddi?

Kabaddi is described as a brutal game of tag meets red rover, with origins in India.

- Two teams each take one side of the court.
- On your team's turn, a raider is sent to the other side of the court to try and touch as many members of the team as possible, and return safely to his or her side of the court. Each tag earns your team a point.
- While your raider is on the other side of the court, he or she must keep repeating the word "kabaddi" out loud. If at any point a raider pauses, even to take a breath, that round is lost.
- The other team must stop the raider from yelling kabaddi, often by catching him or her off guard, picking them up and slamming them to the ground.
- If a player is tagged, they are out. If a raider fails, they are out. If the opponent's team loses a player, your team has a chance to gain a player.
- Teams take turns raiding and defending for 20 minutes, at which point scores are tallied.

AARON CHATHA/METRO



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CPS spokesman Kevin Brookwell

Chief Roger Chaffin, pictured above, said deployment issues are already on his checklist of items to address and mitigate. JENNIFER FRIESEN/METRO

‘My guys are put in danger’

POLICE

Officer gives his view of the front line



Lucie Edwardson
Metro | Calgary

The boots-on-the-ground, front-line Calgary police members are voicing concerns about operating at what they say is 50 per cent of full force strength.

A member of the Calgary Police Service, who Metro has agreed to keep anonymous and will refer to as Smith, said he feels that they're consistently working with fewer officers on the front lines than what is acceptable.

"From midnight to 4:00 a.m. we're supposed to have two teams working, so 20 cops,"

Smith said. "They say it's OK to be working at 80 per cent strength so we're only required to have 16, but then we only have 10, so we're 6 below strength."

"We only had 10 cops when we're supposed to have 20 — it's ridiculous," he added.

Smith said the low deployment numbers, which he has seen across all districts in the city, don't allow police to properly do their jobs, and put people at risk.

"We physically don't have enough people to do proper tactics," he said. "So, you're put in danger, my guys are put in danger and that's why I'm so frustrated."

But, Calgary Police Services said although there may be pockets or occasions when an area of the service is operating at 50 per cent, it isn't a fair assessment of CPS deployment at most times.

"That's not a citywide problem that is happening all at the same time. You are not seeing that if you took a snapshot of the city at this moment that we would be 50 per cent short," said CPS spokesman Kevin Brookwell. "There are times and certain areas of the service that might be experiencing that, but that is a rare occasion and we would say on a larger scale we aren't that short."

Brookwell said if a district is ever understaffed, which could be the result of multiple things such as illness, injury or an officer being committed to court for the day, the district commander can contact the real time operating centre (RTOC) and ask for backup.

"That is part of what we do, and that is where it is just a shell game of moving bodies constantly around the city, to backfill or takes up call load," he

said. "Some areas will be quiet and some areas will be super busy, so they'll just move people constantly."

But Smith said what is really eating up frontline resources is the number of people attending to "specialty units" that he believes are overstaffed.

"Westwinds is filled with hundreds of cops that don't do police work anymore, they just sit in an office all day," he said. "Every single unit that is created is one team member taken off the street."

Brookwell said with finite resources, keeping all areas of CPS running and happy is a juggling act.

He also said the issues raised by frontline officers have not fallen on deaf ears and that the new police chief, Roger Chaffin, has met with frontline officers and is making deployment a priority.



An officer, whom Metro has agreed not to identify, said he feels resources are being wasted on office jobs at Westwinds. JENNIFER FRIESEN/FOR METRO

"I know that chief Chaffin is very aware and concerned for the issues coming from the street, and one of the things he is looking at is how we are organized at the moment, and if there's a more effective efficient way," said Brookwell.

CRIME

Police investigate carjacking

A Calgary woman had a frightening encounter this morning as she attempted to leave her northwest home.

Acting Sgt. David Fakas said police responded to a call just after 7 a.m. on the 300 block of Skyview Ranch NW after a woman reported she had been carjacked at gunpoint.

"The victim had started her vehicle and was backing it out of her garage when the offender approached and brandished what

appeared to be a small-calibre handgun," said Fakas.

He said the offender told the victim to get out of her vehicle and then got into the car and drove away in an unknown direction.

Fakas said the suspect is described as male, wearing all black clothing and a mask concealing his face. He said the suspect's ethnicity is unknown due to his clothing. Police continue to look for the suspect and the



The offender ... brandished what appeared to be a small-calibre handgun.

Sgt. David Fakas

stolen vehicle. The vehicle is described as a 2012, silver, two door Honda Civic. METRO

EDUCATION

CBE approves names for two new schools

The Calgary Board of Education has approved the names for two new schools in the northwest: Eric Harvie School in Tuscany and Buffalo Rubbing Stone School in Panorama Hills.

Eric Harvie was a Calgary lawyer and philanthropist who gave to several foundations, including the Glenbow Foundation. Harvie helped found the Glenbow Museum.

Buffalo Rubbing Stone references a large rock in a small park in Panorama Hills, which Buffalo used to rub against. The name honours the significance of buffalo history in Alberta.

Both schools will serve students in kindergarten to Grade 3, will have a capacity for 600 students and are expected to open in September 2016.

AARON CHATHA/METRO

DOWNTOWN

ASIRT probes shooting



Jeremy Simes
For Metro | Calgary

The Alberta Serious Incident Response Team (ASIRT) has launched an investigation into an officer-involved shooting in downtown Calgary.

Police confirmed two suspects are in custody and one was taken in hospital for non-life threatening injuries and that there's a third suspect at large.

Tuesday evening police were called to the Dermot Baldwin Way in the southeast of Calgary, close to Riverfront Drive and Chinatown.

A member in the district who did not give his name said an offender allegedly drove over someone at which point officers deployed a weapon.

Jordan Hamilton, spokesman for the Calgary Drop-In & Rehab Centre Society, said the centre's clients were not involved in the incident, though the incident occurred near the building.

"Our clients weren't involved, but they're scared," he said. "We've locked our gates to ensure their safety and are co-operating with police."

Sophie Charko, who co-ordinates the volunteer department, was walking to the centre with some of her clients when she was re-routed by police to access the site.

She said she's glad no one at the Drop-In was involved, though she added the incident further adds to the centre's bad stereotype.

"It's concerning and it's alarming — we don't want to see anyone injured in this area," she said. "Some people come to our centre because they know it's safe here," she added. "I'm just glad the centre is under control."

Bernie W., a client of the Drop-In who was also walking to the centre that evening, was relieved nobody at the Drop-In was involved, given the occasional disputes that occur in that area, she said.



Police taped off Riverfront Avenue. JEREMY SIMES/METRO



Jonah Turning Robe, 18, with a mask from the View from the Inside project. JEREMY SIMES/FOR METRO

Mask appeal

MENTAL HEALTH

Arts project reveals what people feel



Jeremy Simes
For Metro | Calgary

A mask-making project has put Wendy Passmore-Godfrey a little out of her comfort zone, though it's been a worthwhile and educational experience.

Passmore-Godfrey, the artistic director for WP Puppet Theatre, is leading a project — entitled View from the Inside — getting participants to create masks that replicate who they are, inside and out.

The project explores the experiences of Calgarians who struggle in different ways with mental wellness, and participants are asked to paint the outside of the mask in a way that represents how they think the world views them.

But inside the masks, participants write personal thoughts. Messages they consider too private, will be sealed in miniature envelopes and glued inside.

“(The project) gives voices to

people who don't normally have a venue to speak literally or in other forms,” she said.

Glenn Taylor, who's a drama consultant for the project — along with four others — said he's seen participants become liberated when they paint.

“For me, the highlight has been seeing this sense of empowerment that seems to come through in this art making process,” Taylor said. “I'm a strong believer that working in a symbolic form is uplifting.”

Colin Menzies, program manager at Studio C — which will host the next mask-painting sessions — said he thinks View from the Inside will break down many barriers.

“(The project) is so cool,” he said. “It's empowering for youth who struggle with mental health to share their stories.”

The project just finished mask-making sessions at Circle of Supports, and will venture to Studio C, Pathways to Housing and United Active Living at Garrison Green. The project results will be featured in 2016 at the This is my City Festival.

The project is also looking to raise funds through Invest YYC, as masks are delivered to each organization free of charge.

IN BRIEF

Arrest of one man ends pattern of break-ins

A pattern of break-and-enters in Northeast Calgary have all but stopped since one man was arrested in relation to the crimes last week — perhaps making suspects think twice, according to Staff Sgt. Brad Moore with the Calgary Police Service.

There were at least 44 break-ins at businesses in Falconridge, Castleridge

and Westwinds in October, all with a similar method of entry which involved smashing in glass doors with a rock.

“Some of them are related, some of them are slightly different, so there is probably more than one group at play, so I think we've put a significant dent into one faction and we're still investigating leads on the others,” said Moore. The investigation con-

tinues, and Moore said there will be potential for further charges in the future. AARON CHATHA/METRO

Mounties bust grow-op north of Langdon

Alberta RCMP have made yet another large marijuana grow operation bust.

Strathmore RCMP searched a rural property in Rocky View County, just north of Langdon, and found a large marijuana

grow-op and seized 1,140 marijuana plants with an estimated value of \$1.435 million.

RCMP said the grow-op was located inside multiple rooms inside the home, as well as a large outbuilding.

Thong Wihn Nguyen, 63, and Phan Thi Dang, 62, were arrested and are charged with production of marijuana and possession of marijuana for the purpose of trafficking. METRO

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Students to vote on \$25M academic haven

SAIT

Restricted fund can only be accessed by referendum

Helen Pike
Metro | Calgary

Calgary's post-secondary students all have a place on campus to call their own, a designated student-run space, where learners gather.

But for students at SAIT, such an academic haven doesn't exist — yet.

This week, students at the technical college will have the opportunity to vote on whether or not the SAIT Students' Association will access the Restricted Students' Association Building Fund in order to build the \$25-million dollar building.

Since 2009, students have been contributing \$120 to the restricted fund, which can only be accessed if students are in agreement.

"SAIT campus doesn't have that destination on campus that kind of fosters that sense of community," said SAITSA president Brigitte Matheson. "We really want to be able to give students the best chance at the best opportunity and experience while they're in post secondary."

She said for SAITSA, the time



A rendering of what the SAITSAHQ should look like if students decide to build the structure.

COURTESY SAITSA

is right — interest rates are low, cost of construction is low and the school is renovating the campus centre which would fall next door to the new student headquarter building.

At the end of this fiscal year, Matheson said there's going to be about \$7.9 million in the fund and they are hoping to make up the difference in either a government grant or

capital borrowing. After the building is complete, SAITSA is considering lowering costs to the student fee.

"It's about the investment in the future," Matheson said. "The student legislative council in 2009 understood that this future generation of students — which is this generation of students now in 2015 — was worth investing in when the

opportunity presented itself."

The building will be four floors at 10,000 square feet per floor. Currently, plans are fluid for what will be included in the building, but it's hoped to be able to provide the school with much needed space, which has been underlined as a key issue by students in surveys. The chosen location would be right next to the LRT tracks and accessible to students.

Matheson said they are keeping track of students needs throughout the process, so the building will reflect the services everyone wants.

"I think it's an opportunity of a lifetime for students to have a say in this," Matheson said. "It's in the students' hands now — it's their decision."

Voting starts Nov. 4 and continues until Nov. 6.

WORD ON THE STREET

Vote yes or no, Metro wants to know:



“I'm going to vote yes, probably. I think the new building would be useful. It might not be built until after I've graduated, but it would be a good thing for future students to have.

Jasmine Jacobi, 1st year, Legal Assistant, 18



“I say yes, for sure. The current space is pretty small, it would be fun to have another space. They have the Gateway already though, so I'm not sure if it's really necessary.

Japphet Araujo, 2nd year, Mechanical Engineering Technology, 22



“Yes, for sure. I'm happy even if it's costing a lot, just because it would be good to have a new bar and maybe a new stage.

Roman Mazurov, 1st year, Electrical Engineering, 19

+ PLANS

- The plans for the building aren't set in stone, but a design has been drafted with Gibbs Gage Architects
- The building will include a new Campus pub location (The Gateway)
- Student-run stores, a tech shop and pharmacy will all be considered
- The building will also add space for students to study and relax



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Handwashing rates in hospitals improve

HEALTH CARE

New software monitors wash frequency



Jeremy Simes
For Metro | Calgary

Though there's much room for improvement, Calgary's health care workers — on average —

are washing their hands more often in hospitals, according to Alberta Health Services (AHS).

The health authority's Q1 2015-16 Performance Report said health care workers in the Calgary Zone are washing their hands at a compliance rate of 76.3 per cent, just shy of the health authority's target of 78 per cent.

But, compliance rates in Calgary have sharply increased over the years, from 37.8 per cent in

2011-2012, to 66.7 per cent in 2014-2015.

Calgary health-care workers who wash their hands more frequently can be found at the Peter Lougheed Centre — which has a compliance rate of 81.7 per cent — while those who don't wash their hands as much are at the South Health Campus (65.5 per cent), according to the Q1 2015-16 results.

Dr. Mark Joffe, senior medical director for infection prevention

and control at AHS, said there's no specific answer for the lower rates at the South Health Campus, adding hand washing rates can vary from year to year and from hospital to hospital.

He said the health authority recently invested in new software to better monitor how often workers are washing their hands.

The software — which is installed in iPads — collects just under 100,000 hand washing

observations each quarter, Joffe said.

He said the tracking system has contributed to the overall improvement of compliance rates, among AHS' educational tools.

"Hand hygiene is the single most important thing we can do to prevent the transmission of microbes," he said. "We're always trying to improve, and we take hand hygiene very seriously."



Alberta's hospital workers are washing their hands more frequently, according to Health Services report.

THE CANADIAN PRESS FILE

INVESTIGATION

Notely watching U of C, Enbridge link



Helen Pike
Metro | Calgary

The Alberta government is keeping a watchful eye on the University of Calgary's board of governors, who have the responsibility to address the faculty's concerns over the allegedly problematic relationship with Enbridge.

The premier of Alberta is responding after an investigative report by CBC alleged Enbridge's involvement with the University of Calgary's Centre for Corporate Sustainability was inappropriate.

Tuesday, Premier Rachel Notley told reporters the government will be "monitoring" the issue, but ultimately it's up to the board to investigate the allegations and come to a conclusion.

"First of all, let me just state as clearly as possible that we believe that academic independence and integrity is the cornerstone of our post secondary system and institutions and that must be protected without qualification," said Notley. "What we'll be looking at is what the board concludes in terms of looking at these particular circumstances."

Metro has reached out for comment from the Board of Governors and was provided a written statement from the University: "At this time, no formal complaint has been received, so the university is not undertaking an investigation by the Board of Governors for any

other university body. If a formal complaint is received, this would be investigated by the university's Office of Diversity, Equity and Protected Disclosure. There is no time limit on filing complaints, so an investigation could be initiated at any time."

Notley mentioned as part of the review of agencies boards and commissions, the government will be looking at reviewing conflict of interest legislation.

"In the long run we will be looking at the issue of whether or not, as part of our more general review of agencies boards and commissions, whether we need to be insuring that our conflict of interest legislation applies appropriately to those agencies boards and commissions," said Notley.



Premier Rachel Notley
THE CANADIAN PRESS

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PIPELINES

Energy East front and centre

Like a game of pipeline whack-a-mole, a bid by TransCanada Corp., to suspend its controversial, north-south Keystone XL pipeline proposal has elevated the west-east Energy East pipeline plan to the top of Canada's political agenda.

"With Keystone now delayed, even more important we approve Energy East," Saskatchewan Premier Brad Wall posted on his Twitter account Tuesday while the U.S. State Department was still chewing over TransCanada's postponement bid.

TransCanada's proposed 4,600-kilometre Energy East pipeline is designed to move 1.1-million barrels of crude oil a day from Alberta and Saskatchewan to refineries in Eastern Canada.

Pipeline politics have been a Canadian staple for the past decade and that won't change with the departure of Stephen Harper's Conservatives and the arrival of Justin Trudeau's Liberals in Ottawa.

Trudeau will be sworn in Wednesday as the 23rd prime minister and his newly appointed cabinet can expect to begin fielding pipeline calls almost immediately.

Trudeau's Liberal team was rocked in the final week of last month's federal election after The Canadian Press revealed his campaign co-chair Dan Gagnier was advising TransCanada on how to lobby a new government on Energy East. Gagnier resigned and the Liberals went on to a stunning majority, but the incident raised the hackles of conservatives and progressives on either side of the polarized pipeline debate. THE CANADIAN PRESS



Condo advocate June Donaldson said the proposed condominium management licensing program does not give condo owners a way to complain directly about poor managers. AARON CHATHA/METRO

Condo owners need a voice, says advocate

REAL ESTATE

Regulator a 'committee of condo managers'



Aaron Chatha
Metro | Calgary

A Calgary condo owner advocate is saying condo owners won't have an effective channel to lodge complaints about condo managers with a proposed Alberta condominium management-licensing program.

The Real Estate Council of Alberta (RECA) is currently in the process of holding public town halls throughout Alberta to explore their regulatory model and creating standards around the licensing program, when it is initiated.

June Donaldson takes issue with a statement on their consultation paper that reads owners should first raise issue with their condo board.

"What RECA is suggesting is that I, as an ordinary condo owner, have a problem with my condo manager, I cannot lodge my complaint directly to RECA," she said. "What this committee of condo managers

has come up with, is that if I have a complaint about condo managers, I need to take my complaint to my condo board, and present my case as to why my condo board should move my complaint forward."

If the condo board does not move the complaint forward, other options include arbitration or the courts.

Donaldson said those options could prove to be a timely and costly procedure for condo owners.

Natalie Scollard, communications manager with RECA, said the final decision has not been made yet.

"I don't believe we've said

conclusively an owner could never file against a condominium manager," she said. "This is why we are having this conversations and consulting on these things. At this point, not all of these decisions have been made."

Scollard stressed that RECA does not license the condo boards.

Donaldson believes that condo owners do not have enough of a voice as the Advisory and Resource Committee at RECA does not have any condo owner members who are not also members of a condo board, which is a cause of conflict.

Scollard said there are four

66

At this point, not all of these decisions have been made.

Natalie Scollard

members of the committee who are owners or board members.

Donaldson said more could be done to reach out to condo owners, and not enough of them know about the open houses RECA is holding.

There will be one in Calgary on Dec. 1 at the Carriage House Inn.



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Big moment arrives for Trudeau, cabinet

PARLIAMENT

Rideau Hill event will give Canada its new leader



Michael Woods
Metro | Ottawa

Canada will officially have a new prime minister Wednesday, and TV networks and live-streaming services are inviting everyone to tune in.

At 9:45 a.m., prime minister-designate Justin Trudeau and his ministers-to-be will arrive by bus, stroll up the governor general's driveway together and head inside to be sworn in.

The arrival plan is a stark contrast from past cabinet swearing-in ceremonies, when MPs arrived individually or with their families in separate cars.

It underlines Trudeau's emphasis during the campaign on the strong team he wanted to bring with him to Ottawa.

In another break from the past, members of the public are invited to Rideau Hall to watch the 10:30 a.m. ceremony on two outdoor TV screens.

Visitors are asked to arrive by 9:30 a.m. at the latest. Rideau Hall suggests they "dress appropriately and wear comfortable shoes as they may need to stand on the grass or on uneven ground."

Prior to the swearing-in ceremony, Stephen Harper will meet privately with the governor general at Rideau Hall to formally resign as prime minister.

The ceremony can be live-streamed at swearingin.gc.ca.

For the Twitter crowd, Rideau Hall has even identified two hashtags for the event: #PM23 and #SwearingIn.



Prime minister-designate Justin Trudeau makes his way to his car after taking a tour of the West Block construction site on Parliament Hill on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

MESSAGE

Harper gives thanks to public servants

On his final day as prime minister, Stephen Harper extended an olive branch of sorts to the public servants with whom his government has had a tense relationship for much of the last decade.

Their reaction, in a nutshell: Don't let the door hit you on the way out.

In a message sent to the entire federal bureaucracy, Harper thanked government workers for the support they've shown his team over three successive Parliaments and for their dedication to the well-being of Canadians.

In the letter, Harper expressed pride in the work he and his team have done with the public service to improve the prosperity, security and well-being of Canadians.

In response, one of the biggest unions representing workers lamented the tension-filled relationship between the civil service and Harper's Conservatives.

"The work that public service workers do on behalf of Canadians day in and day out is invaluable," Public Service Alliance of Canada national



Stephen Harper officially resigns on Wednesday. THE CANADIAN PRESS FILE

president Robyn Benson said in a statement.

"It is unfortunate that the Conservative government was not able to recognize the important contribution of public service workers during their mandate."

"We look forward to building a positive and constructive relationship with the new Liberal government where trust and respect for public service workers is restored."

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MPs to keep an eye on

Much has been made of Justin Trudeau's hand-picked star recruits, newly minted MPs who may be in line for a cabinet post.

But there are dozens of lesser-known new MPs with impressive and eclectic credentials, some of whom could also wind up in cabinet, leading influential parliamentary committees or serving as parliamentary secretaries. Here's a brief look at some of the fresh faces who may be in for a cabinet post:

1 Maryam Monsef

Liberal — A refugee and community activist; founded the Red Pashmina Campaign



2 Anita Vandenberg

Liberal — International expert on democracy and human rights



3 Robert-Falcon Ouellette

Liberal — Expert on indigenous education; professional musician



About one-third of the 99 members comprising the new Conservative caucus are federal rookies, though many come from political careers in other levels of government.

The NDP, meanwhile, has 44 caucus members, including 16 new MPs. Here's two more MPs to learn more about:



1 **Bob Saroya**
Conservative — Immigrated to Canada from India

in 1974; distinction of being one of few Conservative MPs from Toronto-area

2 Richard Cannings

NDP — A biologist who served on B.C.'s Environmental Appeal Board



3 **Rachael Harder**
Conservative — One of the youngest new members of the caucus at 28; background in researching youth issues

THE CANADIAN PRESS

Former minister's advice to cabinet

GENDER PARITY

Hard work, good listening skills essential for position



Jessica Smith Cross
Metro | Toronto

Frances Lankin recalls what it felt like at Convocation Hall on Oct. 1, 1990, to look around at the faces of the politicians who, with her, were about to be sworn in as cabinet ministers in Ontario.

"It was very exciting — lots of hugs, laughter and celebration," she said. "Of course, this was the first that anybody saw who was actually in cabinet."

Eleven of the politicians who greeted each other in that back room before the swearing-in ceremony were women.

That cabinet, Ontario NDP Premier Bob Rae's first, was 42 per cent women: nearly parity. It remains a record in Ontario.

Lankin expects the federal cabinet ministers who will be sworn in Wednesday will feel the same euphoria she did.

It will be the first federal cabinet with an equal number of male and female ministers. Lankin applauds that promise and offers this advice for new ministers:

- Take media training and learn how to respond to media questions with candour while being careful not to fall into media's "traps." If you do trip, don't worry too much; you'll recover.
- Work with your cabinet, caucus, the opposition and stakeholders. Listen to them. "Remember this is a team effort; you're not an individual star," she said.
- "Enjoy yourself. It's an amazing privilege."



Former cabinet minister Frances Lankin believes that diversity of gender, ethnicity and life experience bring a broader perspective to cabinet. TORSTAR NEWS SERVICE



It's a big, big job. It demands a lot of time, a lot of learning and paying attention to detail.

Frances Lankin

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CROSSING TOSS RISKY Migrants disembark from a dinghy after they cancelled their journey because of bad weather. They were planning to travel to Greek island of Chios from the Turkish coast near Cesme, Izmir, Turkey, Tuesday. More than 300,000 people have travelled on dinghies and boats from nearby Turkey to Greek islands this year, with dozens dying along the way. EMRE TAZEGUL/THE ASSOCIATED PRESS

Heat spotted around jet just before crash

METROJET AIRBUS

Cause behind 'catastrophic' event mystifies

U.S. satellite imagery detected heat around a Russian passenger jet just before it went down in Egypt's Sinai Peninsula, two U.S. officials said Tuesday. But the discovery doesn't resolve the mystery of why the plane crashed, killing all 224 aboard.

A missile striking the Metrojet Airbus A321-200 was ruled out because neither a launch nor an engine burn had been detected, one of the officials said.

The infrared activity that was detected could mean many

things, including a bomb blast or that an engine on the plane exploded due to a malfunction.

Aviation analyst Paul Beaver said the heat picked up by the satellite "indicates that there was a catastrophic explosion or disintegration of the airplane," but doesn't reveal the cause.

He said it could be a bomb, or a fuel tank or engine exploding, although "engines are designed so that if something malfunctions or breaks off, it is contained within the engine," Beaver added.

Both U.S. officials spoke on condition of anonymity because they weren't authorized to discuss the information publicly.

Some aviation experts had earlier suggested a bomb was

the most likely cause of Saturday's crash.

The Metrojet was flying from Egypt's Red Sea resort of Sharm el-Sheikh to St. Petersburg when it crashed in the Sinai Peninsula after breaking up at high altitude, Russian aviation officials said.

An international team of experts (which includes Egyptian, Russian, French and German experts as well as representatives from Ireland, where the plane was registered) prepared to analyze the plane's flight data and cockpit voice recorders.

The team will start working on the recorders next, said Egyptian Civil Aviation Minister Hossam Kamal.

THE ASSOCIATED PRESS

IN BRIEF

Selfies verboten with sea lions, penguins at zoo

The Schoenbrunn Zoo in Vienna has bad news for visitors who want to get up-close photos of some animals: No selfie sticks. The animals on the selfie-free list are the Humboldt penguins and South American sea lions. The zoo will mount signs prohibiting the devices because the penguins and seals could feel disturbed. Selfies will be allowed for other animals with larger enclosures.

THE ASSOCIATED PRESS

ITALY

Allegations heating up Vatican scandal

Two new books are deepening a Vatican scandal with tales of mismanagement and greed, such as sainthood causes that can cost up to a half-million dollars and a monsignor allegedly breaking down the wall of his next-door neighbour — a sick, elderly priest — to expand his already palatial apartment.

The leaks in the new books are seen as part of a bitter internal struggle between the reformers and the old guard. This week, the Vatican arrested two

former members of the commission in an investigation into stolen documents.

Merchants in the Temple, by journalist Gianluigi Nuzzi, alleges that Vatican officials who promote sainthood causes bring in hundreds of thousands of euros in donations for their causes.

The new book Avarice, by journalist Emiliano Fittipaldi, details financial wrongdoing at the Vatican, citing reports by independent auditors.

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TWITTER

New icon breaks users' hearts

Many Twitter users aren't feeling the love for the social network's new hearts.

The red icon has replaced the star that was found below each tweet.

Before the change, clicking the star meant a tweet was a "favourite," and now clicking the heart means you "like" a tweet.

Twitter Inc. says it made the change because the star can confuse new users and the heart is more universally known around the world.

But the move is facing strong opposition from some Twitter users. Joanna Cornish said Tuesday the "star" icon was a unique aspect of Twitter, and she doesn't like the "idea of sameness" with using the heart emoji also featured on Facebook and Instagram.

"Within the realm of Twit-

ter, I think people figured out the star pretty quickly," said Cornish, who has more than 2,000 followers.

"When you first join Twitter, it is pretty disconcerting; but it's not an impenetrable fortress that you can't figure out.

"I don't think the star is that confusing."

Cornish writes posts about the Toronto Blue Jays on her blog humandchuck.com, and said she's previously used the "favourite" button as a way to acknowledge people who send nice tweets about her or her writing. She would also use the tool as a way to bookmark a link within a tweet she wanted to read later.

"Me favouriting a tweet is not the same thing as saying this is my favourite kind of ice cream or these are my favourite shoes." THE CANADIAN PRESS

TECHNOLOGY

Facebook showing off its smart software

Social network Facebook is touting its development of artificial intelligence software at a Dublin conference this week. The software can analyze and answer questions about a photo, or study a picture of toy blocks and predict whether they will fall over.

THE ASSOCIATED PRESS

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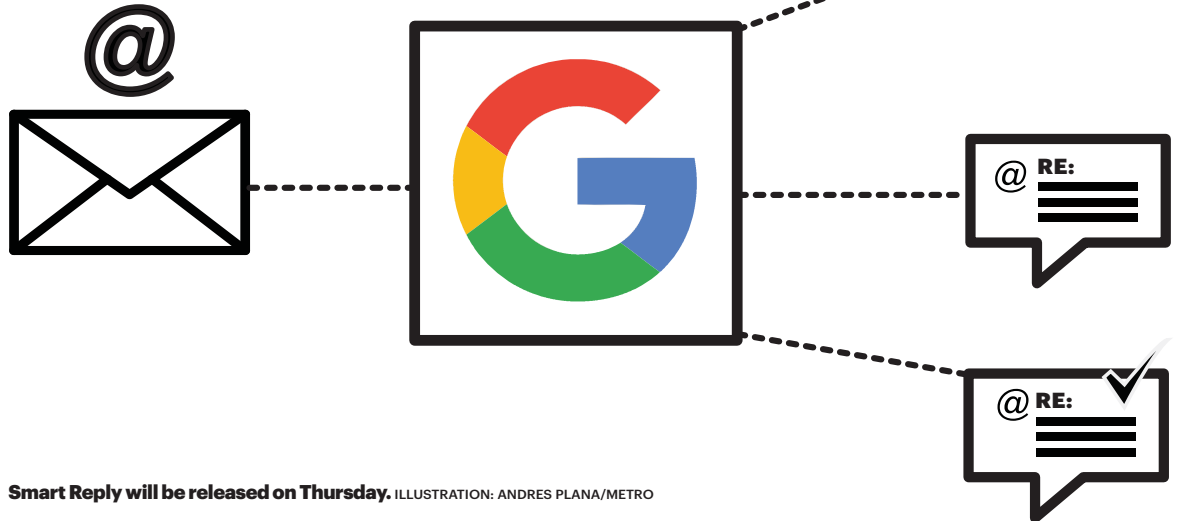
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Smart Reply will be released on Thursday. ILLUSTRATION: ANDRES PLANA/METRO

New Google tool to reply to emails

SOFTWARE

Search giant's Smart Reply offers choice of short answers

Thanks. Got it. Will do.

These are the kind of rote email responses Google wants to save users from typing with a new tool that generates automatic replies.

The Internet search giant will introduce Smart Reply on Thursday to its Inbox by Gmail app for Android and iPhones. The software scans emails to capture the gist of what is be-

ing said and suggests three short phrases in response.

Users select the best option at the bottom of a smartphone screen. Then they can either click send or tack on a more personalized message.

Smart Reply learns to predict likely answers based on past responses.

However, experts are not convinced the tool will do much to address the time management and productivity problems associated with e-mail culture.

Many employees suffer from stress related to the number of emails they receive, expectations for replies and pressure to be connected 24/7, said Ste-

phen Liptrap, executive vice-president at human resources and technology consultancy Morneau Shepell.

"I just don't think (Smart Reply) is going to help reduce stress in peoples' lives," Liptrap said. "If it automatically generates a reply for me, then the machine on the other end replies to that and I almost worry that we end up with more messages."

Instead, Liptrap said 20 to 50 per cent of emails could be eliminated if people were more conscious about whether a response adds value and who we include on the reply.

"You should be managing your outbox rather than

your inbox," he said. "If we had everyone be a little more thoughtful rather than instantaneous on replying, all of us would have less messages and we would all have more time to focus on things that are bigger priorities."

About 80 per cent of the emails we receive do not reply a response, said Dawn O'Connor, an email etiquette expert and director at Think Productive.

Her corporate clients spend an average of two to three hours each day on email. About 40 per cent of respondents to a study by her firm said they feel overwhelmed by the messages. TORSTAR NEWS SERVICE

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- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
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If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in U.S. real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

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THE QUESTION

I have the world's worst boss. On the weekend, I sent him an angry email (I admit I was drinking). I basically told him he was unfair to his staff. He hasn't said anything, so I'm hoping he missed it. What should I do?

Dear Ellen,

I have the world's worst boss. Every week we have a departmental meeting but he's always late. It's a very high-pressure job so it's extremely frustrating to waste time waiting for him. Also, he never sticks to the agenda. Instead, he brings up random items and becomes irritated when people are not prepared to discuss them. There are lots more problems, but my big problem is that I sent him an angry email on the weekend (I admit I was drinking). I basically told him he was unfair to his staff. When I came back to work on Monday, he didn't say anything, so I'm hoping he missed it because he gets so many emails. But I'm also worried he's just waiting to sarcastically criticize me at the next weekly meeting, which is how he fired the last person here.

What should I do?

Anita, Toronto

Dear Anita,

I can't pretend I've never sent a drunk-and-disorderly email. My solution on one occasion — in the sudden, horrifying realization of what I'd done — was to quickly send 50 more emails with blank messages, and then send a final email claiming I'd been hacked. I was hoping the target of my attack would see so many emails in his inbox that he wouldn't bother to read any of them. I can't remember if it worked or not. Sometimes failing memory is a good thing. In any case, it's too late

Do not drink and then attempt to operate any electronic devices.

for you to try this tactic.

As for your angry email, I'd love to tell you to quit so you don't have to work for this sociopath anymore, but I'm sure you've already considered that option. And the fact is, no matter where you work, there will always be at least one person in the office who seems determined to make your life a living hell.

I've experienced many versions of the type. One uncouth, gluttonous co-worker used to scarf down weird-flavoured potato chips all day. Judging by his breath, I'm guessing his favourite was extra-garlicky cabbage roll. Then he'd lean into my cubicle and smear his greasy fingers all over my computer screen to make unhelpful editing suggestions. Another co-worker spent all day interrupting my concentration to talk about her hair, and her boyfriend, and her diet, and her hair, and a dream she had about her boyfriend, and also

a diet-hunger dream she had about her hair. Looking back, I think getting fired from that job would have been an act of mercy.

But at least those co-workers' sins were out in the open. More dangerous were the colleagues who appeared to be pleasant and professional, but were really back-stabbing, idea-stealing, confidence-undermining, power-sucking corporate sluts. Unfortunately, this latter category is the group from which many managers and supervisors are drawn — including your boss. He's clearly a prime example: a petty bully who's not secure or smart enough to know that treating people well is actually the best way to get them to work hard and be more productive.

So what should you do? If the email was a profanity-laced rant that no polite person would inflict on another human being, I'd suggest going to your boss in person



miamigo.ca

and apologizing. But if he's as bad as you say, and if your email simply, and accurately, called him "unfair to his staff," there's no point. He'd likely meet any apology with ridicule rather than gracious acceptance.

My advice is to pretend it never happened. If he's going to fire you, there's nothing to be done except wait for it with all the dignity you can muster.

In future, my added advice is to state the obvious: Do not drink and then try to operate any electronic devices. If you must stab out an abusive message, send the drunk version to yourself, and review it in the morning.

You'd be surprised how satisfying and often hilarious it can be, not to mention the salubrious sense of relief with which you'll start the day.

Need advice?

Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Sure, rehire the FHRITP guy. Maybe a dose of humility reformed him.

You know how you can lead a horse to water, but you can't make it drink?

Well, there's this sister saying: If you lead a horse to water, sometimes, it takes a drink.

And that's why we should be just fine with the F--k Her Right In The P---y guy getting his job back at Hydro One.

Remember him? He didn't yell FHRITP at a female journalist during a live broadcast, but he defended the guy who did, calling it "f--king hilarious." Shawn Simoes was fired, but has since been rehired via an arbitration process. His union claims Simoes made "extensive efforts" to make amends, including sensitivity training, a donation to an anti-violence-against-women group and an apology to the reporter, Shauna Hunt.

Who knows how much he donated, or whether he's been sufficiently sensitized, or even if he meant that apology, offered days after his conduct went viral.

But I do know this: I want a society where it's possible for jerks to be rehabilitated. Where misogyny isn't just ostracized, but effectively neutered. Where we expect people to learn and change, even idiots.

So, Shawn over here, Mr. Arrogant, Sexist, Belligerent — there's a good chance international condemnation, the potential loss of his liveli-

hood, the sincere expression of anger from Hunt, and especially the post-incident sobriety all might have collided in his head and caused him to rethink his stance on rapey expletives.

Maybe it hit the next day. Or maybe the revelation arose gradually, like body odour, and he was like, "What is that odd feeling?" Then: "Oh God, it's remorse!"

Then maybe he went to his mum (as so many of you insisted he do) and was like, "Mum, I understand that since I wouldn't yell 'F--k Her Right In The P---y' at you, I shouldn't yell it at other women."

Then he went to his employer and was like, "Boss, I'm the not the man I was."

I understand that we want idiots to know there are consequences to idiocy. But, like those in favour of lower incarceration rates, I think we have to allow for rehabilitation.

If we banished everyone who's to some degree a misogynist, we'd soon be able to hear our own echo in the streets. Women's rights haven't come this far by assuming everyone who thinks differently is inherently malformed and unworthy (or incapable) of change.

Like a horse brought to water, there's a chance Simoes took some big gulps of humility, and it's a chance I'm willing to take.

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Where Asian, Middle Eastern and Western worlds meet

Melita Kuburas
Metro | Canada



If you're attempting one of the more complex recipes in his new cookbook with an unsteady hand, writer Yotam Ottolenghi pleads this: "Never experiment on your guests. Always experiment on your family."

Ottolenghi had just flown into Toronto and shortly after signing a stack of books and rushing through a meal prepared by George Brown College culinary students and staff, he was answering questions about Nopi in front of more than 200 fans gathered at the school's auditorium. Nopi (Appetite by Random House, \$45) is a sophisticated collection of dishes co-created by Rameal Scully, the head chef at his London, U.K. restaurant of the same name.

It's hard to believe they didn't use a food stylist.

The colours are bold; grapefruit pinks and cilantro greens popping out of the shadows of fried meats that are made glossy with pastes and glazes like miso butterscotch and the soy-based Asian master stock — "liquid gold" that is the secret behind a couple of the signature dishes in this book, Ottolenghi writes.

The stock in Nopi is derived

from Scully's Southeast Asian background, a tradition passed on from his family including his mom, whom he still admittedly calls for help if he gets "stuck" on a recipe.

"It's a very unique technique that most chefs would not know," Ottolenghi tells Metro about the stock (recipe on pg. 304). "It's something that you kind of have all the time in the house and you can reuse and reuse. As long as you boil it up properly you can have it for years."

Aside from Nopi, Ottolenghi owns a handful of deli-style restaurants around London. While his four previous books were all New York Times bestsellers, it was 2012's Jerusalem that shook up the culinary world by spawning cooking parties, Instagram hashtags and Facebook accounts where a devoted fanbase shared their creations of the Middle Eastern dishes.

"The Jerusalem thing was inspiring for people in many ways, because I think they thought they were almost doing something political," Ottolenghi says.

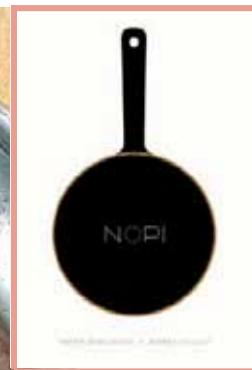
"Sami (Tamimi) and I come from the two sides of this warring place and in a sense I think that was one of the motivations.

RAMAEL SCULLY:

"You've got three components: you've got the lamb, that's been lightly marinated in herbs. You've got the red onion pickled and peppered salsa, and you can put that salsa with a piece of fish. Then you've got this peanut sauce that you can also use with fish, or as a crudité dip for a dinner party."



Take your time with a Nopi recipe and choose one you're comfortable with. Lamb Loin with Peanuts, Coconut Milk and Red Onion Salsa is "pretty straightforward," Rameal Scully says. See the following page for the recipe.



It (also) featured a lot of ingredients people hadn't used before: date syrup, pomegranate syrup, tahini paste ... infused water (orange blossom water and rosewater).

It was a journey of discovery to cook through this book," he says.

Ottolenghi uses food to bridge flavours, cultures and worldviews in a way that is challenging but ultimately makes sense. This is likely what makes the self-described recipe writer ("I don't work in a kitchen anymore, he says") so popular.

Nopi is where the Asian, Middle Eastern and Western worlds meet. Ginger is a key ingredient throughout — one of Scully's favourite spices, it's used in a "non-Asian" context such as a butternut squash with tomatoes and lime yogurt.

Yogurt is another staple here. "We took yogurt to different levels," Scully says. "I've smoked it, caramelized it."

Whatever the twist, they want Nopi to "open people's minds," Ottolenghi says.

"The idea is not to introduce new ingredients for the sake of it but just show how old ingredients and new ingredients can come together and you have a whole new experience with food."

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Viral videos are the new cookbook

THE INTERNET

Online tutorials have the benefit of community

It seems you can't scroll through Facebook anymore without coming across another slick, quick video recipe.

A Tip Hero video tutorial demonstrating how to make baked apple roses went viral and has garnered 200 million views on Facebook.

Rayna Marlee Schwartz, a freelance prop and craft stylist in Toronto, saw the apple roses recipe — which involves rolling slices of the fruit with puff pastry and baking them in a muffin tin to resemble a flower — online and decided to give it a try.

"I think the videos are really great because ... it breaks it down step by step and I know I (can) watch it over and over again as I go," said Schwartz, 28, who shared her results on Instagram,

Twitter and Facebook.

Katherine Holland, a 31-year-old Toronto-based photographer, was lured by the apple roses video recipe and said she appreciated that she could see the whole process from start to finish in just over a minute.

"Whereas if you're watching ... the Food Network, to make one of those things you're committing to 35 minutes and by the time you're done you're like: 'I have no interest in this anymore. That is the amount of time I could have actually made that,'" she said.

If there's a drawback to getting hooked on the social media recipe trend, it's trying to find the right instructions when you need them, said Nada Bakraky, 29.

"I made these pumpkin cream cheese muffins before from Pinterest, but when I went to find (the recipe) again there were so many variations I couldn't figure out which was the one I'd used the first time," said Bakraky.

"I started writing them down in my own cookbook. But I've stopped buying cookbooks.

Everything's online."

Schwartz admits that her tech toys have taken some abuse since discovering online recipes. "My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter. I'm touching it with my dirty hands," she said.

Holland, who can't eat gluten, dairy or eggs, said she also loves that online recipes commonly have comments attached that help her make her own tweaks. "You'd never get that from a cookbook," she said.

Even the pros have embraced the online chatter around recipes and are adapting. British-based chef Yotam Ottolenghi, owner of five London restaurants and author of the new *Nopi* cookbook, started using Twitter about four years ago and now also posts on Instagram, Pinterest and Facebook. "It's been very useful for me, first of all, to engage with people and understand what's going on and also because I like to get a good idea of what people do with the food," he said.

THE CANADIAN PRESS



Rayna Marlee Schwartz, 28, a freelance prop and crafts stylist in Toronto, found a video online demonstrating how to make apple roses. This photo, which she posted on Twitter, shows her version. THE CANADIAN PRESS/HANDOUT

RECIPE

Lamb loin with peanuts, coconut milk and red onion salsa

Serves 4

- 1 lb 7 oz (650 g) trimmed lamb loin
- 5 rosemary sprigs, stems discarded and leaves coarsely chopped
- 6 cloves garlic, skin on, crushed with the flat side of a large knife
- 3 Tbsp olive oil
- 4 or 8 caper berries, halved lengthwise, to serve
- Coarse sea salt and black pepper

Peanut sauce

- 3 1/2 oz (100 g) roasted salted skinless peanuts
- 5 tsp sesame seeds, toasted
- 1 medium red chile, coarsely chopped
- 3 anchovies in oil, drained and coarsely chopped — 1/3 oz (10 g)
- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1 1/3 oz (10 g) cilantro, leaves and stalks coarsely chopped
- 3 Tbsp coconut milk

Pickled onion salsa

- 1/2 small red onion, sliced into 1/32-inch (1-mm) rounds — 3 1/2 oz (50 g)
- 1/2 tsp sumac
- 1/4 tsp superfine sugar
- 1 Tbsp cider vinegar



Chefs Yotam Ottolenghi, left, and Rameel Scully. HANDOUT

- 2 1/2 oz (70 g) jarred piquillo peppers, sliced into 1/32-inch (1-mm) rounds
- 1/3 oz (10 g) parsley, finely chopped

1. Place the lamb loin in a non-metallic container with the rosemary, garlic, olive oil, 1 Tbsp of salt, and 1/2 Tbsp of black pepper. Mix well and leave to marinate in the fridge for at least 4 hours or, preferably, overnight. Take the lamb out of the fridge half an hour before you are going to cook it, to bring it to room temperature.

2. Place all the ingredients for the peanut sauce in a food processor. Blitz to form a smooth paste and set aside until ready to use.

3. To make the salsa, place the onion slices in a bowl and add the sumac, sugar, and 1/4 tsp of salt. Rub in the seasonings before pouring over the vinegar. Add the peppers and parsley, mix gently,

and set aside.

4. Place a grill pan over high heat. Remove the lamb from the marinade and discard the marinade. Season all sides of the lamb with 1/2 tsp of salt and some black pepper, then sear for 2-3 minutes, turning so that all sides get browned. Reduce the heat to medium and cook for another 6-8 minutes, until pink in the middle, or a minute or two longer if you want it well done. Let the lamb rest for 2 minutes before cutting it crosswise into 1/3-inch (1 cm) slices. Divide the slices among four plates and spoon the peanut sauce and salsa on top or alongside. Garnish with a caper berry or two and serve.

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You can't beet this recipe

WORD OF MOUTH

All parts of this purple root can be made into tasty dishes

Theresa Albert

For Metro Canada



Do not throw away anything! The sustainable "nose to tail, tip to fin before the compost bin" is a wise habit of yesteryear that has returned.

Think of some of the food items that you would normally toss that could have second life: Celery ends, onion skins, chicken bones and carrot tops make perfect soup.

But beets offer the best bang for your autumn buck.

- The beetroot itself can be scrubbed and roasted in the oven, skins on, for 45 minutes at 400 F.

- The greens can be rinsed and pan-fried with extra virgin olive oil, minced garlic and a pinch of sugar.



Beet stems can be turned into fresh pickles for a charcuterie board. PHOTOS: THERESA ALBERT

- The stems can be lopped off and turned into fresh pickles for your charcuterie board in no time.
- 2 tbsp honey
- ¼ cup white wine vinegar

Beet Stem Pickles

1. Cut stems into a uniform size to fit into a mason jar.
2. Bring water to a boil and add garlic, salt, mustard seed and honey and simmer for 2 minutes.
3. Turn off heat and add vin-



Beet stem pickles can be served 48 hours after being jarred.

egar. Place stems into jar and pour liquid over topping with more vinegar to fill.

4. Cover with lid and shake. Store in fridge for 48 hours before serving, shaking on occasion.

5. Consume within 6 weeks as pickles, in salads or on a charcuterie board.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Belvedere marks Spectre opening

Peter Rockwell

For Metro Canada



For Bond, James Bond fans, like yours truly, Christmas comes early this Friday with the release of Spectre. It's the 24th time Britain's booze-friendly spy has hit the big screen.

Aficionados of Bond's liquid preferences did a unified spit-take last time around when 007 was seen sipping a brewski and virtually ignoring a chilled bottle of Bollinger champagne in Skyfall.

The sigh of relief was near deafening when Belvedere vodka announced that they were stepping up to product-place their brand into Daniel Craig's hand, ensuring that his signature Vesper martini would make an appearance in Spectre.

To commemorate their union, Belvedere has released a tie-in Limited Edition 007 (\$49.95) version of their luxury Polish vodka.



While inside you'll find the distillery's distinctively silky smooth neutral spirit, it's the outside that will have fans shaken, not stirred.

Circling the Belvedere mansion with the classic Bond rifling swirl, they've added the 007 logo and the creepy octopus symbol of Spectre to the bottle's design. Bond has never looked or tasted better.

Prices reflect the range across the country. Some products may not be available in all provinces.

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WHAT I'M WATCHING FARGO: SEASON ONE, EPISODE 10 (SHOMI)**I rarely pay attention to music on TV shows, but Fargo's is magnificent**

Johanna Schneller
For Metro Canada

**The Score**

Extremely capable, extremely pregnant police detective Molly Solverson (Allison Tolman) starts to tell her chief, Bill Oswalt (Bob Odenkirk), that the case they've been working is almost over — they're closing in on the soulless psychopath (Billy Bob Thornton) who's wreaked so much havoc in their tiny town of Bemidji, Minn.

But she's stopped by the sadness in his eyes. "I quit," he tells her. "I don't got the stomach for it ... I used to have positive opinions about the world, about people.... Now I'm staring into the fireplace, drinking. I never wanted to be the type to think big thoughts about the nature of things."

It's a lovely moment about a decent man who can't fathom indecency. But what really moved me is how the score, by Jeff Russo, echoed everything Oswalt said in



Fargo is the thinking person's cop show with a score that makes you feel things in your gut. HANDOUT

the swell of its strings and horns. I rarely pay attention to music on TV shows, but Fargo's is magnificent: chilly and ominous when it needs to be, but always with an undercurrent of mournfulness, a throb of humanity. The series is a brainiac's delight — each episode is named for and makes reference to a famous philosophical paradox or dilemma, or a zen koan.

The scripts ruminate on the nature of mankind:

What is good? Why do we perpetrate violence? Are we all capable of evil? The actors, with their deliberate overlay of naiveté, do a wonderful job of selling those questions. But it's the score that makes you feel them in your gut.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

▶ CONTROVERSY**Police group calls for Tarantino boycott**

Calls by police groups to boycott Quentin Tarantino's The Hateful Eight are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

A growing number of police groups have called for the boycott of the upcoming release after remarks the director made during the Brooklyn rally against brutality on Oct. 24 where he said: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it."

THE ASSOCIATED PRESS



Quentin Tarantino
THE ASSOCIATED PRESS

COMEDY**Ansari one step closer to mastery**

By one measure, Aziz Ansari has taken just a baby step with Master of None.

The new Netflix comedy series, whose 10 episodes premiere Friday, arrives as the latest in a TV genre of stand-ups (think Jerry Seinfeld, Louis C.K., Jim Gaffigan) depicting versions of themselves both on and off the stage.

But Master is its own distinctive thing, thanks to the distinctive voice of Ansari — a top stand-up who can pack Madison Square Garden in addition to being a capable actor building on his seven-season run as pint-sized impresario Tom Haverford on Parks and Recreation. He also created, produced and wrote Master (in cahoots with fellow Parks and Rec alum Alan Yang) and directed two episodes.

Granted, the 32-year-old Ansari hasn't strayed too far for his new character, Dev, a first-generation Indian-American and aspiring actor who lives in New York, where he has found moderate success doing TV commercials and spends his ample free



Aziz Ansari plays himself in Master of None. HANDOUT

time with a varied troupe of friends.

"There's no big premise," says Ansari. "I tried to make the series similar to stand-up in the way each episode deals with a particular topic: long-term relationships, elderly people, how Indians are stereotyped on TV. I've enjoyed all the acting work I've done, but, until now, only in my stand-up have I felt like I've been able to get out my voice."

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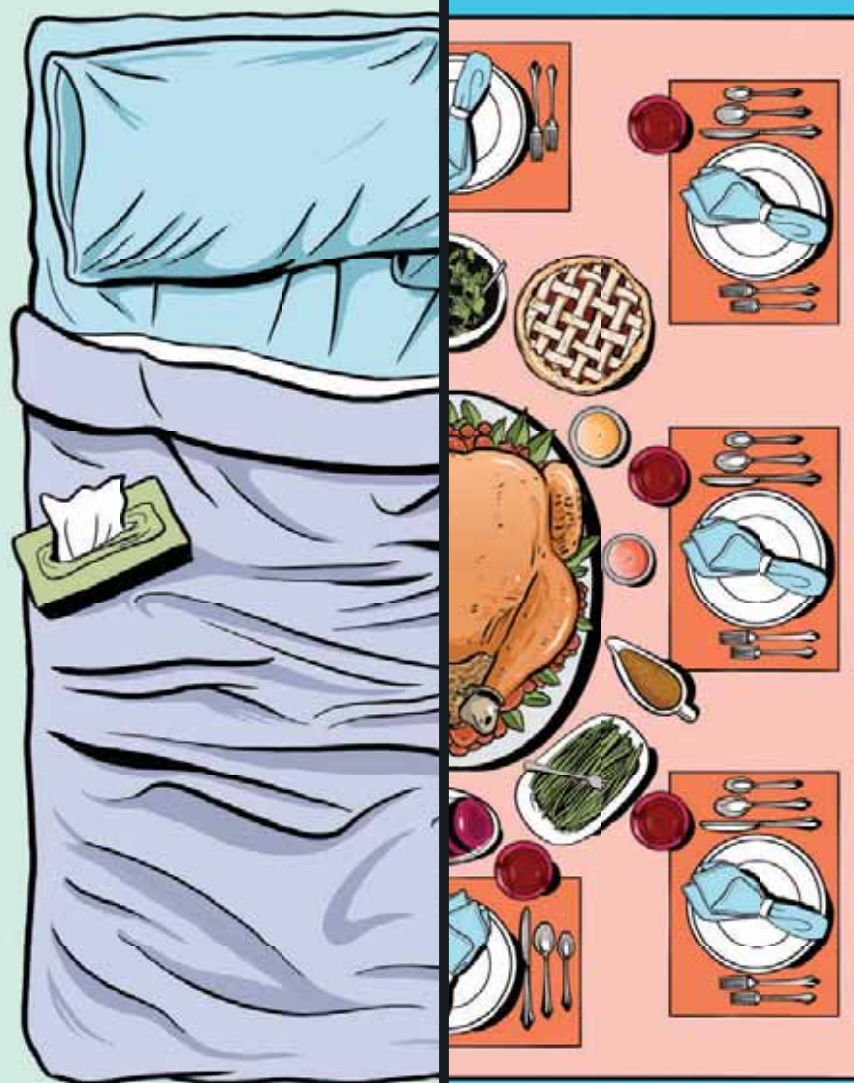


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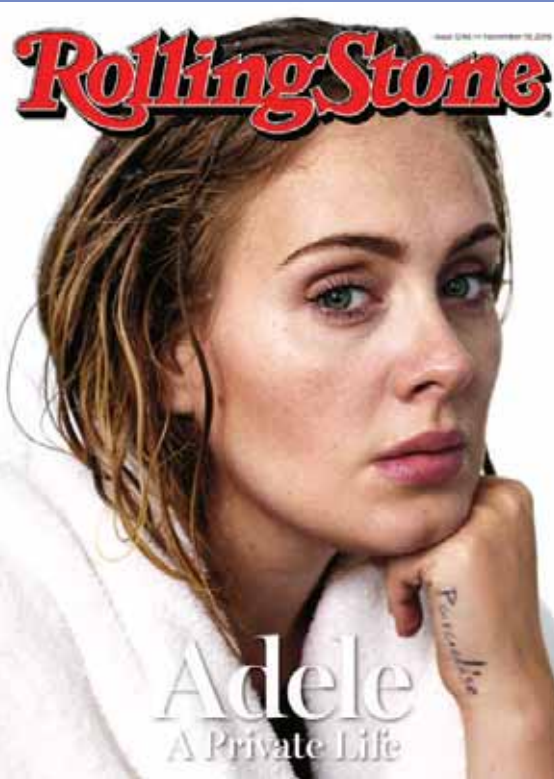
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Adele spent half a year writing *Hello*. She shares this, and other things you may have not have known about her, in a new *Rolling Stone* cover story. HANDOUT

Five things Adele wants you to know

ROLLING STONE COVER

Singer spills about drinking, celeb feuds

Matthew Lee
Metro | New York



Adele is on the cover of *Rolling Stone*, and she has a lot to say. Because you're a busy person, we've boiled down the article to the five most important things that you need to know:

1 It took her six months to write *Hello*. Six months!
"We had half a song written," says producer Greg Kurstin, who didn't know if Adele was ever going to come back and finish it. "I just had to be very patient."

2 She quit smoking and

cut down the drinking.
"I absolutely loved it, but it's not that f—ing cool when I'm dying from a smoking-related illness and my kid is, like, devastated," she says. "I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know. They pick up on it and just go for you."

3 She wants *Bad Girl RiRi* in her squad.
"I've heard about a squad. I wish my squad was all supermodels. We are, in our brains. I guess I have my own squad," she says. "It's not as interesting as

some of the other squads that are around right now. But maybe Rihanna can be in my squad! That would be really cool."

4 Don't think about pitting her against other pop stars.
"I would rather not be that person because that's just pitting a woman against another woman, and I don't hold any more moral high ground than anyone else. So that has pissed me off a bit."

5 She's a feminist.
"I believe that everyone should be treated the same, including race and sexuality," she says.

I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know.

BRIEF

Will Kardashians cash in on Odom overdose?

Now that Khloe Kardashian has settled into nursing estranged husband Lamar Odom back to health following his Nevada brothel collapse, mom-ager Kris Jenner is reportedly making her an offer she (probably) can't refuse. Jenner is said to be dangling a raise in front of Khloe in exchange for including the Odom story on their reality show, according to Radar Online. And sister Kim is not happy Odom is stealing her pregnancy thunder. "She wants the birth of her son to be the centerpiece and not Lamar's overdose," says the source.



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Surprise! Yaris sedan returns



REVIEW

Now with more personality and lots of non-Toyota parts

Mike Goetz

For Metro Canada



"Don't it always seem to go/That you don't know what you've got till it's gone."

When Joni Mitchell sang that line in her song Big Yellow Taxi, I'm pretty sure she wasn't emoting about the Toyota Yaris sedan.

While the Yaris hatchback has remained a constant and popular subcompact player, its sedan sibling hasn't been around for a few years.

The cruel truth is not many of us noticed. That version might have been very serviceable as a small sedan, but unfortunately it was also very nondescript.

This time around Toyota went for more personality, as per its recent strategy to break free of its historically conservative brand image.

It's also different in another major way. The Yaris sedan utilizes the same basic platform as the Mazda2, and is built by Mazda at its brand new facility in Salamanca, Mexico.

Partnerships like this are not uncommon in the auto industry, so no big deal there, but the very distinctive and swooping "Kodo" styling embodied on Mazda products at the moment is a curious element to bring to a Toyota product. Especially when Toyota has gone to a very large and dis-

tinctive trapezoidal front grille design. I don't know if marrying those two elements works? Styling is subjective so I'll shut up now about its looks and let you decide for yourself.

As far as the car goes, it's a really sporty and decent performer. Mazda's 1.5-litre four is rated at 106 hp, but from the driver's seat it actually feels feistier than that. Certainly fostering the notion is the raspy engine note, an automatic transmission with a very direct feel, and that well-regarded and stiff Mazda2 chassis.

The optional 6-speed manual should make this small sedan even more fun, but if you're expecting stuff like a big info display, better and more connected audio system with voice command, heated seats, and back-up camera, you'll have to migrate to the "automatic" model (\$18,200) and add its exclusive Premium Package (\$2,000).

The bones of the cabin are also Mazda, with its prominent top-of-the-dash mounted touchscreen, which can also be navigated with a console-mounted controller. Not a fan of the system in the Mazda and same thing here.

But otherwise the cabin is nicely executed with lots of chrome accents and soft-touch trim, and a steering wheel that's lovely to hold and fitted with switches to access Bluetooth and audio.

Making a small sedan is always dicey, as hatchbacks are able to give you more room and versatility for the same meagre footprint. But if you're going to build one, it makes sense to go this route and make it feel just like a smaller version of those larger and coveted premium sports sedans.

THE CHECKLIST | 2016 TOYOTA YARIS SEDAN

THE BASICS

Type. Four-door, five-passenger subcompact sedan
Engine (hp/torque). 1.5-litre I4 (106/103)
Transmissions. 6-speed manual, 6-speed automatic
Price. Base \$16,995, as-tested \$22,200 (plus destination)

COOL FEATURES

- Available info display with 7-inch touch screen, 6 speakers, 2 USB ports, auxiliary jack, voice recognition and back-up camera
- Power adjustable and heated outside mirrors
- Bold face with hexagon lower grille, chrome and modern sharp-eyed headlights; chrome tailpipe and piano black bumpers
- Standard keyless entry, push-button start and cruise
- 60/40 split rear folding seat
- Surprisingly roomy trunk (382 L)



MIKE GOETZ/FOR METRO

POINTS

- Based on a Mazda2 and built by Mazda at its new Mexican plant
- Sold in U.S. as the Scion iA
- Automatic transmission with lock-up converter provides more city/highway combined fuel efficiency (6.4 L/100 km) than 6-speed manual (6.7 L/100 km)

MARKET POSITION

- Targeted at young and mature customers who don't need lots of room, but still covet premium features
- More of a European take on the small-car segment, where vehicles are expected to have sporty and agile handling, and expressive styling

THE COMPETITION



Ford Fiesta sedan
Base price: \$15,399



Hyundai Accent sedan
Base price: \$13,899



Chevrolet Sonic sedan
Base price: \$19,645

CHEMISTRY

Goodbye to gasoline? Lithium-air battery closer to reality

A new kind of chemistry could power lithium-air batteries over long-standing technological hurdles, leading toward a product that may one day be strong enough to replace gasoline in cars, researchers said Thursday.

Rechargeable batteries have been around for decades — the lithium-ion battery that powers many mobile devices is marking its 25th anniversary next year — but scaling up the technology to the level of powering automobiles has proven difficult.

Researchers have spent years looking into a kind of battery

known as lithium-air, or lithium-oxygen, which could provide 10 times more power, and possibly enough energy density to compare with gasoline, but these too have been plagued by practical problems.

While an ultimate lithium-air battery remains at least a decade away, researchers at the University of Cambridge say they have patented a technology that overcomes some of the major obstacles.

Senior author Clare Grey, a chemistry professor at the University of Cambridge, said her

team's "significant achievement" has been making strides toward high capacity "and the fact that we've taken the efficiency down into numbers that compete with current lithium-ion technology," she told reporters.

Since the technology is still in the lab phases, it is not possible to directly compare it to currently available technologies, she said.

But the latest approach has shown increased energy efficiency of up to 93 per cent, and does so by relying on a very different kind of chemistry than previous attempts, employing

lithium hydroxide (LiOH) instead of lithium peroxide (Li₂O₂).

The "demonstrator relies on a highly porous, 'fluffy' carbon electrode made from graphene (comprising one-atom-thick sheets of carbon atoms), and additives that alter the chemical reactions at work in the battery, making it more stable and more efficient," said a statement from the University of Cambridge.

The result is another step on the path toward a more practical, high-powered battery, said Grey.

The paper is published in the U.S. journal Science. AFP



Rechargeable batteries have been around for decades but scaling up the technology for cars has proven difficult. ISTOCK

It's turbo time for the Porsche 911



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Ford Go Further

EMISSIONS

Porsche flagship gets turbo engine across the lineup

It's a long way from the original air-cooled four-cylinder engine that once hung out over the Porsche 911's rear axle, but in an effort to help meet increasingly stringent fuel economy and greenhouse-gas-emissions standards, Porsche will have turbocharged engines across most of its 911 sports-car line. And it's no happy accident that they will offer a 20-horsepower increase in output over the current, non-turbo engines. Non-turbo engines will still be offered in some models such as the racetrack-inspired GT3. The new 3.0-litre turbo has slightly less displacement than the current 3.4- and 3.8-litre engines, but turbocharging forces more air into the cylinders, artificially increasing displacement when extra power is needed.

Turbocharging has been deemed essential for the Porsche 911 to meet government pollution regs. It will also help against cars that currently make more power for significantly less money.

EXTRA RANGE

Leaf springs further per charge

The world's best-selling electric car is back for 2016 with a newly optional battery pack that's good for about 170 kilometres of motoring range per charge, up from the base range of about 135. Sporting the first 30-kilowatt battery in the segment, the bigger-battery Leaf gains about 20 kilograms without sacrificing interior space, and retaining its four-door hatchback passenger/cargo versatility. It has exactly the same interior dimensions as the existing 24-kilowatt Leaf, but the extra range "will make Leaf ownership an easy first choice for many, many more drivers," said Nissan Europe chairman Paul Wilcox.

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FUEL-EFFICIENT SEDAN

Civic undergoes extreme makeover

Borrowing from the playbooks of Europe's top luxury compacts, Honda has overhauled its Civic sedan top to bottom "in a bid to re-establish its small-car chops," reports Automotive News. The 10th-generation Civic offers "a Christmas list" of high-end features and engineering specifications that are rare for its class: multi-link rear suspension, hydraulic bushings, standard automatic climate control, front and rear optional heated leather seats, adaptive cruise control and more. Honda targeted the Audi A3 and other European compacts when engineering work on the 2016 Civic began in early 2012. A coupe and hatchback will follow.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

GLOBALLY

Scots offered interest-free loans to buy electric cars

Scotland's Energy Saving Trust is offering what is believed to be an electric-car first: interest-free loans to buy EVs, reports U.K. alternate energy website Click-Green.

A new fund valued at about £2.5 million (\$5 million CDN) will give Scottish drivers access to interest-free loans of up to about £50,000 (\$101,000 CDN), and businesses up to £100,000 (\$201,000 CDN). They can cover up to 100 per cent of the purchase price and can be repaid over a period of up to six years.

The loans are offered in addition to the United Kingdom government's Plug-in Vehicle Grant that offers grants up to the equivalent of £5,000 (\$10,000 CDN) for those buying a new electric car, and up to £8,000 (\$16,000 CDN) for a van.

Russia forces filling stations to go electric in one year

In an effort to hasten the adoption of electric vehicles, Russia's government has ordered every gasoline filling station in that country to be equipped with electric-vehicle charging stations by November 2016, whether they currently need them or not, and at their own cost.

Prime Minister Dmitry Medvedev signed the order to provide charging stations on a national scale over the summer, reports The Moscow Times.

Electric vehicles are rarely seen in Russia, but the government thinks a nationwide infrastructure will boost EV sales. There currently are no government cash incentives or tax credits for new electric-car purchases, reports alternate vehicle web mag Green Car Reports. In Moscow, "the only perk electric car drivers get is free parking."



Bypassing free enterprise, the Russian government has given each gas station until next November to add electric charging ... at their own expense.

+ PRODUCTION

Seeking a breakthrough with windshield glass

In the quest to make cars lighter and stronger, more auto manufacturers are looking at Corning's Gorilla Glass. Already widely used among mobile-device manufacturers, Gorilla Glass reduces the typical windshield's weight by up to 30 per cent.

The rub as always, reports Motor Authority, comes with the cost. The chemical

process that gives Gorilla Glass its strength is more expensive than the traditional soda-glazing process, so finding a production technique that allows automakers to exploit its advantages and meet automotive standards — without becoming too pricey — will be key. "Given the industry's demand for glass, it's clear widespread adoption isn't a matter of if, but when," says the website.

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<p>2014 RAM 3500 CREW 4X4</p> <p>REMOTE START, TOUCHSCREEN AUDIO, CUMMINS DIESEL</p>	<p>2015 CHRYSLER 200 LIMITED</p> <p>8.4" TOUCHSCREEN, U-CONECT BLUETOOTH, POWER SUNROOF</p>	<p>2015 CHRYSLER 200 LIMITED</p> <p>PARKVIEW BACKUP CAMERA, 9 SPEED TRANSMISSION, U-CONECT BLUETOOTH</p>	<p>2013 RAM 2500 LARAMIE LIMITED</p> <p>NAVIGATION, LEATHER, REMOTE START, POWER SUNROOF</p>	<p>2014 RAM 1500 LARAMIE 4X4</p> <p>HEATED/VENTILATED SEATS, SUNROOF, GPS NAVIGATION</p>

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Where cars are made winter-ready

DRIVING FORCE

Ford engineers test effects of cold weather at Florida facility

Jil McIntosh
For Metro Canada



No matter how cold it is outside, vehicles are expected to start right away and run properly after they do. Automakers test extensively for this, and sometimes in the most surprising places. Ford, for example, goes to Florida in the middle of summer.

One of the world's largest climatic laboratories is located within a U.S. Air Force base on the state's Gulf coast, where

the temperature inside can be adjusted from a high of 48 degrees Celsius, to a bone-chilling minus-65.

"It's a unique opportunity to do extreme cold-weather testing," says Rich Shimon, Ford's technical expert for gasoline powertrain calibration. "We're able to get 72 vehicles and 54 engineers in the chamber." Scheduling similar tests in the company's much smaller fa-

cilities in Michigan would take months to achieve what engineers can do in three weeks in Florida's McKinley Climatic Laboratory.

Fuels can vary between countries and even in a country's different regions, including octane or ethanol levels, and this can affect how a vehicle starts. Ford tests 13 different fuels at the facility and calibrates its vehicles to

them. "We have complex systems such as the injectors, throttle and actuators, and there's not necessarily one right way of doing it," Shimon says. "We're learning how to get the performance out of the engine, and across the environment and fuel economy (standards)."

Several types of tests are done, depending on the vehicle. Engineers have to determine if the emissions systems on diesel engines will function properly in low temperatures, and so Super Duty pickup trucks are started up and left to idle continuously, 24 hours a day, for all three weeks. Other vehicles undergo "cold soaks," where they sit untouched in sub-zero temperatures for several hours before being started.

Almost all vehicles being tested are new models under development, but if an older model starts racking up complaints from customers or dealers related to cold-weather issues while Ford has the facility booked, the engineers will bring it in to try to duplicate the problem.

The chamber's concrete floor is too slippery for driving tests, and models undergo outdoor road testing at Ford's

+ COLD AND HOT

- Florida's McKinley Climatic Laboratory opened in 1947 to test fighter planes that didn't always start in the cold in the Second World War.
- If engineers find a problem they try to fix it at the Florida site, but if necessary, they can continue their work at Ford's cold chambers in Michigan.
- In addition to cold temperatures, vehicles are also tested in extreme heat at another facility.

facility in Thompson, Man. However, laboratory testing is critical, because while outdoor temperatures fluctuate, the climatic chamber can be set to the exact degree and for however long it's required.

During the three weeks in Florida, the vehicles start at 20 C and are gradually chilled to minus-40 so engineers can study how they operate at each stage. "Customers expect quick and easy starts, and our job is to make sure our vehicles do that under any conceivable condition," Shimon says.

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Top: A Ford Super Duty chills in the McKinley Climatic Laboratory under the watchful eyes of engineers.
Bottom: A 2017 Ford Super Duty undergoes winter testing, including some extra breeze. The truck was camouflaged for media prior to its official launch. JIL MCINTOSH/FOR METRO



The Toronto Blue Jays exercised the options on outfielder Jose Bautista, right-hander R.A. Dickey and first baseman/DH Edwin Encarnacion

Stamps seek right balance in regular-season finale

CFL

Lions will line up across the ball for two straight games

Stay sharp, stay healthy and don't show all your cards is the challenge the Calgary Stampeders will face in their final regular-season game.

The defending Grey Cup champions (13-4) close out on the road against the B.C. Lions (7-10) on Saturday. A win is desirable but impacts neither the standings nor the playoff picture.

The two teams will meet again in the West Division semifinal eight days later in Calgary, by far the most important contest. Both the Stampeders and Lions will manage the game and their rosters Saturday with that Nov. 15 playoff encounter in mind.

"We'll try and do what we can to be flexible with the roster, but there's only so much you can do," Calgary head coach/GM John Hufnagel said Tuesday at McMahon Stadium. "The approach is we'll take 44 guys and

try and win the football game. "We can't be concerned about injuries. Everybody that goes to the game will play."

Hufnagel wants all three quarterbacks to get reps Saturday, but is starting backup Drew Tate for the first time this season. Incumbent Bo Levi Mitchell says he'd be willing to go wire to wire, but understands the balance that must be struck.

"Whether or not I get in and get a lot of work, a little bit of work, I still don't know yet," Mitchell said. "It's always nice to get out there and throw a few passes, especially against a team you're going to be playing (again)."

The semifinal winner advances to the division final in Edmonton against the Eskimos (14-4) on Nov. 22.

Edmonton is on an extended break as it finishes the regular season with a bye week. The Eskimos will have another week off while Calgary and B.C. prepare for the West Division

53

Eric Rogers is the CFL's top receiver with 1,448 yards and needs 53 more yards to be the first Stampeders since Dave Sapunjis in 1995 to finish with over 1,500 receiving yards in a single season.



The Stampeders' Jerome Messam rushes the ball against Roughriders Denicos Allen, left, and Jeff Knox on Saturday at McMahon Stadium. JEFF MCINTOSH/THE CANADIAN PRESS

Saturday's game gives new running back Jerome Messam more time to get more comfortable with Calgary's offence.

Acquired on Oct. 14 from Saskatchewan, the six-foot-three, 245-pound Toronto native ran for 121 yards on 15 carries and

scored a two-point convert in his Stampeders debut Saturday against his former team.

"Hopefully we can open up the playbook a little more with me this week and I can do some more productive things," Messam said.

Messam ranks second in CFL rushing with 947 yards and just 50 yards behind B.C.'s Andrew Harris. Jon Cornish, the CFL's leading rusher three straight seasons, remains out of Calgary's lineup with neck pain.

THE CANADIAN PRESS

IN BRIEF

Babcock expected to head Team Canada once again

Hockey Canada is expected to name its coaching staff for the 2016 World Cup of Hockey on Thursday in Toronto.

Mike Babcock of the Maple Leafs is expected to be



Mike Babcock GETTY IMAGES

named head coach after leading Canada to gold medals at the 2010 and 2014 Olympics.

According to reports, Babcock will have Joel Quenneville of the Chicago Blackhawks and Claude Julien of the Boston Bruins on his staff.

THE CANADIAN PRESS

Royals celebrate World Series win with city parade

The world champion Kansas City Royals basked in the adulation of thousands of ecstatic fans in a parade and rally Tuesday that nearly shut down downtown for hours.

After driving a 2.3-mile route in a caravan, team owner David Glass, manager Ned Yost and several of the Royals returned the love by telling fans they could not have captured the World Series without their support and calling the turnout for Tuesday's celebration "unbelievable" and "amazing."

THE ASSOCIATED PRESS



MILE-HIGH MATCHUP Avalanche centre Carl Soderberg attempts to redirect a shot against Flames goalie Karri Ramo on Tuesday night in Denver. For the story, go to metronews.ca.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

NHL

Sens make short work of Habs in OT

Kyle Turris scored 34 seconds into overtime to lift the Ottawa Senators to a 2-1 victory over the Montreal Canadiens on Tuesday night.

Turris, with his eighth goal of the season, finished a 2-on-1 with Mike Hoffman after a turnover in the Montreal end. It was the Canadiens' first experience with the new 3-on-3 overtime format.

Jean-Gabriel Pageau also scored for Ottawa (6-4-2), while Dale Weise tallied for Montreal (11-2-1).

The Canadiens outshot Ot-

+ MORE SCORES

Seguin posts hat trick against his former team

Tyler Seguin scored his 300th goal and then added two more against his former team as the Dallas Stars beat the Boston Bruins 5-3.

Larkin scores game-winner to lift Red Wings over Bolts

Detroit rookie Dylan Larkin broke a third-period tie and gave the Red Wings a 2-1 victory over the Tampa Bay Lightning.

THE ASSOCIATED PRESS

tawa 36-27.

Pageau opened the scoring shorthanded 3:16 into the second frame. After P.K. Sub-

ban fanned on a point shot, the stocky Senator went in on a breakaway and beat Mike Condon between the pads.

It was the Gatineau, Que., native's fourth goal and sixth point in eight career games against the Canadiens, including a near-identical short-handed goal in Montreal's win in Ottawa on Oct. 11. He also had a hat-trick against them in the 2013 playoffs.

Weise tied it on a power play at 6:13, completing a tic-tac-toe play with Andrei Markov and Alex Galchenyuk. It was Weise's seventh goal, three short of his career high set last season and tying Max Pacioretty for the team lead.

THE CANADIAN PRESS

METROTALKS TIE DOMI

Think you know Tie Domi? You are in for a surprise. As we found out during a conversation with the former hockey player, the on-ice enforcer — who skated from fight to fight — is cementing his legacy with his new memoir, *Shift Work*.

Thoughts from the penalty box

Dean Lisk
Metro | Canada

When you have a record for being a brute and a goon — 333 career fights in the NHL — how do you change people's view of you?

For Tie Domi, the answer comes from examining his past and focusing on experiences that led to lessons about respect and accountability on and off the ice.

"I love when there is all this speculation about what type of person I was and the role I played," said the former Toronto Maple Leaf, New York Ranger and Winnipeg Jet. "I am totally fine with that."

Sure, *Shift Work*, out this week from Simon and Schuster, has all the puck and stick tales you would want in a memoir of a high-profile player known for bringing action into the game (fights with Bob Probert and Scott Niedermayer, to name a couple), but it's more about the ordinary people who have inspired Domi with their values.

Domi says he was approached to write a book after he retired from hockey in 2006, but the timing wasn't right. He was going through a divorce and had lost money in the 2008 financial meltdown. At one point, he returned home to find an eviction notice tacked to his apartment door.

His life had ebbed too far to write the story he wanted. He planned for the book to be positive. Domi says the real lessons in *Shift Work* are the ones he learned off the ice.

There is the example of his immigrant father, John, a small-business owner living in Belle



Tie Domi opens up to Metro about his new memoir and takes on an intern in an arm wrestle. LIZ BEDDALL/METRO

River who taught young Tahir (Tie's traditional Albanian name) and his two other children the value of hard work and family.

There is Domi's own experiences attending the funeral of Wade Belak and seeing only three Leafs teammates there.

"I have always believed that life is too short to be negative. Moments like Wade's death and his funeral — and more importantly, the memory of his life — are another reminder to set your sights high and to never be afraid to ask for help to get there."

There are also the strangers. Strangers who became strong friends he admires for their positive attitudes. Rod who shines shoes, Milton and Joe, a waiter and bellman at the Four Seasons hotel in New York, and those coffee-shop employees who put up with customers talking on their cellphones and mumbling orders.

"People say, 'Why the back of your head? Why not your face?'" says Domi, pointing to the cover of his new book, which features the back of his helmet. "This wasn't about me."

"There are real-life stories

in there," he added, opening the book and pointing to the photos on the inner cover. "I can't go fight for the guy and stick up for him but I can say what they want to say, and that is why I did the book."

Still, the hockey lover will not be disappointed. In one chapter, the enforcer recounts a moment from his early days with the Rangers, when he scored a goal and rode his stick down centre ice in celebration. He was pulled into the training room by Mark Messier and told to stop the WWE antics.

"He looked me right in the

eyes and he said that I had to change my ways. 'You're never going to get respect in this league if you don't respect your peers!'" Domi writes.

"When you are in the public eye, people are always going to have their opinions — whether good or bad," says Domi. "The people who aren't well wishers, those type of people, that negative energy, I wasn't attracted to that in my friends or in my teammates. I was always positive and protected everybody."

"If you weren't positive, then you didn't last around on the teams I was involved in."

+ THE PLAYERS

We asked Tie Domi to give us his thoughts on some of his contemporaries — for better or worse — and some of the highlights from his career.

Mats Sundin

"Unbelievable player. Unbelievable person. Unbelievable friend."

Darcy Tucker

"Played hard. Tough as nails. Heart like a lion — and you could really rattle him easily."

Eric Lindros

"Next..."

Ed Belfour

"Him and Curtis Joseph are two of arguably the best goalies besides Johnny Bower, ever. Eddy Belfour is a great guy, a great teammate — an unbelievable teammate."

Probert-Domi 1 versus Probert-Domi 2

Which is the better fight? "For me, Probert-Domi 1."

Daniel Alfredsson

"A lot of respect for him; beat him four times in a row."



+ TUTORIAL ARM WRESTLING

Wrist action

By his own admission, Tie Domi is an arm-wrestling champ. At 14, when Domi was a Junior C hockey player, his older friends would get him into bars — including Misty's near Pearson International Airport in Toronto — where he would smoke adults in arm-wrestling competitions. We asked him to show us his skills.

"I've never lost, so if you want me to break someone's arms, I'll break someone's arm," he said intensely. He calmed down when he was

introduced to Metro's intern, fourth-year Ryerson University journalism student Mallory Chate.

"I am not going to slam any girls. My daughter would be like, 'Dad, you beat a girl in arm wrestling? Are you kidding?'" Domi said before placing his right hand in Chate's left. "The key to cheating in arm wrestling is 'wrist first,'" he tells her as he turns his wrist so his hand covers hers. "Always get the jump."

How did the tutorial go?
Visit metronews.ca to watch Chate take on Domi.

BOARDING

Domi admits taking one for the team

Matt LaForge
Metro | Canada

Tie Domi has a confession to make to Ottawa Senators fans: it wasn't all Ricard Persson's fault.

In his new memoir, *Shift Work*, Domi reveals that a pivotal moment in the Ottawa Senators' torturous playoff history against the Toronto Maple Leafs was not exactly as it appeared. The scene: May 12, 2002,

Corel Centre, Game 6 of the Eastern Conference semi-finals. The Senators are up 3-2 in the series and leading the game 2-0, well positioned to advance to the third round and, more important, to beat the Leafs in the playoffs for the first time in three consecutive tries. But with about seven minutes to go in the first period, Persson, an unheralded Sens defence-man, takes an ill-advised run at Domi from behind, sending the Leafs enforcer violently into the boards and opening a

bloody gash on his face. Persson gets five minutes and a game misconduct for the hit. The Leafs score twice on the ensuing power play. The Sens never recover. To this day, Ottawa still hasn't beaten Toronto in the playoffs.

Every Sens fan who was sentient at the time remembers the hit and its aftermath vividly, and for the past 13 years the entirety of the blame has been on Persson, who never played another minute in the NHL. But, as Domi was happy to admit to

Metro, the hardheaded winger had seen the hit coming and was able to turn it to his advantage.

"I see him coming and I step back from the boards, and he hit me and I ... cut myself purposely," Domi said as he mimed a deliberate headbutt against the boards.

"Two goals on the power play. I hate to ruin it for all the Senators fans."

In other words, Sens fans, the whole thing was even worse than you thought.

RECIPE Salmon Rice Bowl



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



Ready in

Prep time: 45 minutes

Serves 4

Ingredients

- 1/2 cup soy sauce
- 2 tsp sesame oil
- 1/4 cup brown sugar
- 2 tsp sriracha sauce
- 3 Tbsp rice wine vinegar
- 3 salmon filets
- 1 cup rice
- 1 carrot, matchstick
- 1 pepper, matchstick
- 2 cups cabbage, finely shredded
- 1/2 cup edamame
- 1/2 avocado, cubed
- handful of sliced scallions
- 2 Tbsp sesame seeds
- 1 sheet nori, torn into small pieces (optional)

Directions

1. Whisk together the first five ingredients and set half of it aside for dressing. Pour marinade over salmon, cover with cling film and place in the fridge for half an hour.
2. Preheat oven to 425 F. Cook rice according to package instructions.
3. Cover a baking sheet with foil. Place the salmon on the sheet and bake for about 8 minutes. Discard the remaining marinade. Remove from the oven and break cooked salmon into large bite-sized chunks.
4. In a large bowl, toss together the cabbage, carrot, pepper, edamame and avocado with the salad dressing. Place a large scoop of rice in each bowl, add a large scoop of salad mix. Top with pieces of salmon to the top and scatter over with scallions, sesame seeds and nori.

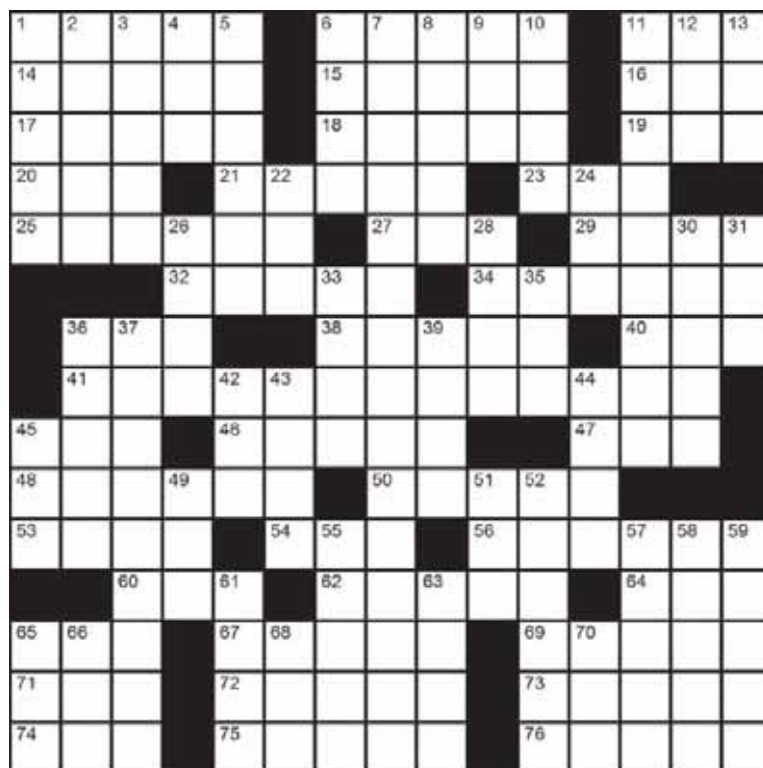
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Real estate agent's presentation
6. "Iron Chef America" host Mr. Brown
11. Wear
14. Horn, in Latin
15. Sir ___. Macdonald (Canada's first Prime Minister)
16. Pint drink
17. Lock of hair
18. Once __ (Every 12 months)
19. Allow
20. Back then
21. Ms. Reid, and namesakes
23. "Fantastic food!"
25. Sort of soup
27. "WKRP in Cincinnati" news director
29. Component
32. Plaudit
34. Kind of overcoat
36. CFL positions, e.g.
38. Stately
40. There: Latin
41. 23rd Prime Minister of Canada: 2 wds.
45. 'Me' in Montreal
46. Waikiki welcome
47. Clinic pros
48. Acrylic fabrics
50. Go in
53. Subtraction opp.
54. Bow
56. __ and dryer
60. "___ all good." (Things are fine)
62. Famous cream-



- filled treats
64. Inventor Mr. Whitney
65. Room for reading
67. Angel props
69. Lodged, say
71. Energy unit
72. Solemn-

- ly swears
73. __ Corporal (Marines rank)
74. Used to be
75. __/___ question
76. Irish poet W.B.

DOWN

1. Eight-based

2. Shape the iron
3. Refrigerant
4. Nav. designation
5. Characteristic of a log cabin
6. Not quite closed
7. In allegiance with Queen Eliza-

8. This stuff
9. "___ Carousel" by The Hollies
10. Not one
11. 1 of a 101 in the Disney movie
12. Grand __ Opry
13. Goalie's area

22. Everything
24. Increases
26. Dick Tracy's beloved
28. U.S.S. Enterprise crew member
30. Puzzle type
31. Prefix with 'angle'
33. 'A' in AD
35. Pointed the way
36. Coastal sight in Norway
37. The Parliament __
39. __ muffins
42. Neutral tone
43. Character in "Casablanca" (1942)
44. Makes mistakes
45. New Zealand bird at one time
49. Ottawa's li'l locale
51. Testing, testing One, __, Three...
52. Without problem
55. Chocolate-coated caramel candies
57. Mehndi need
58. Send to Parliament
59. Drives
61. Single-horse carriage
63. Big name in gas stations
65. Mountain __ (Soft drink)
66. Great time
68. Road type, briefly
70. Highlands negative

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen that makes you wonder if you were too quick to judge someone. Yes you were. Your mistake won't cost you much this time but check your facts in future.

Taurus April 21 - May 21
Something you've been trying to keep a secret will be revealed for the world to see. There is no point trying to deny what you have done, so you might as well enjoy your notoriety!

Gemini May 22 - June 21
Cosmic activity in a sensitive areas of your chart means it will be difficult, maybe impossible, to get through to loved ones today, so don't waste your time trying. They will come around when they are ready.

Cancer June 22 - July 23
Try not to expect too much of yourself today because it is unlikely that you will get much done. Saturn's influence warns you need to take better care of your health. Take it easy.

Leo July 24 - Aug. 23
Make life easier for yourself by avoiding confrontations and giving others the benefit of the doubt even when they do not deserve it. Why make life more difficult than it needs to be?

Virgo Aug. 24 - Sept. 23
Little things will get under your skin today and you will find it hard not to snap at people. Those who know you well will read the signs and stay out of your way. Those who don't will learn the hard way.

Libra Sept. 24 - Oct. 23
The best way to deal with setbacks is to greet them with a smile and show those around you that you are not in the least bit worried. It may not be true but pretend that it is.

Scorpio Oct. 24 - Nov. 22
Be wary of people who go out of their way to appeal to your emotions. You could lose out in a big way if you let others persuade you to believe in what your head tells you is rubbish.

Sagittarius Nov. 23 - Dec. 21
The more you give in to others' demands today the more they will expect of you, so put your foot down and leave no one in any doubt that you are not the sort who can be intimidated. Help yourself!

Capricorn Dec. 22 - Jan. 20
While others are running around in a panic you will calmly assess the situation and decide what needs to be done. Whether or not it is the right decision is not important: what matters is that you keep your head.

Aquarius Jan. 21 - Feb. 19
You are entitled to your opinions and you are entitled to express them. Freedom means the right to disagree and the right to be heard. Just remember it works both ways.

Pisces Feb. 20 - March 20
People in positions of power will be a bit touchy today, so think before you speak and think again before you act. Your reputation could suffer if you upset those who call the shots.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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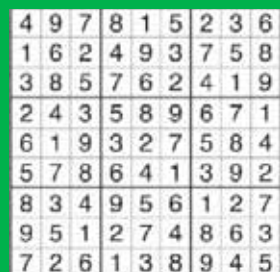
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